

CITY OF PORT COQUITLAM

REGISTRATION
OPENS

PoCo Residents

Nov 16

General Public

Nov 19

Leisure Guide

W I N T E R 2 0 2 1 / 2 2

Sports, recreation, arts and culture for all ages.



PORT COQUITLAM
RECREATION

Move.Create.Connect.

Leisure Guide

W I N T E R 2 0 2 1 / 2 2

Sports, recreation, arts and culture for all ages.

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Your personal information:

The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Privacy Act. The information is used only for the purpose of administering recreation programs, informing you of our services and benefits, and for statistical purposes. If you have any questions regarding the collection, use or disclosure of your personal information, contact the City's Corporate Officer at 604.927.5411.

How to register

ONLINE

portcoquitlam.ca/register



- Create an account or log in
- Search by barcode or name
- Register, pay, and print or save a copy of your receipt

TELEPHONE

604.927.PLAY (7529)



- Phone during facility hours
- Have the barcode or program name ready
- Your receipt will be emailed to you

IN PERSON



- Register in person at one of our facilities; Hyde Creek Recreation and Port Coquitlam Community Centre
- Have the barcode or program name ready

Ways to pay

Visa, MasterCard, Discover or American Express (cash, cheque and debit are accepted for registrations in person).

Refund policy

Any refund/withdrawal request for recreation services or activities will be pro-rated and charged an administration fee of \$5 for each individual activity withdrawal.

No charge for activity transfers.

Refund requests will be accepted up to the third class of a registered activity or up to 48 hours prior to a single-day registered activity.

Seven days notice is required to withdraw from camps.

All membership plans are non-transferable and non-refundable.

Call **604.927.7529** with any questions.

Financial assistance and support

The City offers a variety of supports and resources to ensure that all residents have the opportunity to get involved in recreation programs. Learn more at: portcoquitlam.ca/financialassistance.



Arts & culture

Embrace your creativity this winter and try something new! Arts programs take place at the Outlet in Leigh Square (2248 McAllister Avenue). Arts programs for children, youth and seniors are listed in the age-based sections of this guide.

Arts & culture programs for children on pages 11–17 and youth on pages 18–19

ACRYLIC PAINT NIGHT

This is a fun workshop where adults can express themselves by making art. Bring some inspiration so the instructor can work with you to help translate your vision to the canvas. All materials are included.

Age: 18+

Outlet Work Room

61539	F	7–9pm	Jan 21
61542	F	7–9pm	Feb 18
61543	F	7–9pm	Mar 18

FEE: \$40.00

CLAY OPEN STUDIO

Clay open studio is for adults to work on individual clay projects. During the first session, participants will learn basic techniques to help them develop their ideas into their own projects. In subsequent sessions, participants are expected to work at their own pace on their own projects, with the instructor on hand as a resource to guide and answer questions as needed. Participants will be offered the opportunity to fire one project. Basic tools, clay and glazes provided; students are welcome to bring their own tools.

Age: 16+

Outlet Work Room

60810 TH 6–8:30pm Jan 13–Feb 10

FEE: \$80.00

FAMILY IMAGINATION STUDIO

A time for families to make art together in a free-flowing, creative studio. Each week, we'll explore a different theme using a variety of materials. An instructor is on hand to guide projects as needed but families are encouraged to get creative and be inspired by each other.

Registration is required for all participants (up to 5 registered participants per family, including adults). Children must be accompanied by a registered adult.

Outlet Work Room

60808 SA 10am–12pm Jan 15–Feb 5

Outlet Work Room

60809 SA 10am–12pm Feb 12–Mar 5

FEE: \$35.00

CLAY MUG WORKSHOP

Using basic clay techniques, an instructor will guide you as you build your mugs. One session will be for building and the second session for painting. Completed and fired mugs will be ready for pick up the following week. Age: 18+

Outlet Work Room

61533	TU	5:30–7pm	Jan 11–Jan 18
61534	TU	5:30–7pm	Feb 1–Feb 8
61535	TU	5:30–7:30pm	Feb 15–Feb 22
61536	TU	5:30–7pm	Mar 1–Mar 8

FEE: \$30.00



Health & fitness

A full compliment of health & fitness options for the mind, body and spirit. Our line up of programs and equipment combined with our certified instructors, will assist you in your goals of becoming a more healthier and active you.

ZUMBA

Join the Party! These Latin and Asian dance moves are fun and will give you a great workout. You will leave the class smiling and feeling amazing. Age: 12+

HC Fitness Studio

61145 M 7:15–8:15pm Jan 10–31
61146 M 7:15–8:15pm Feb 7–Mar 7

FEE FOR 12 TO 59 YEARS: \$34.00
FEE FOR 60 TO 79 YEARS: \$26.00

61756 TH 6:45–7:45pm Jan 6–Feb 3
61149 SA 9–10am Jan 8–Feb 5
61757 TH 6:45–7:45pm Feb 10–Mar 10
61150 SA 9–10am Feb 12–Mar 12

FEE FOR 12 TO 59 YEARS: \$42.50
FEE FOR 60 TO 79 YEARS: \$32.50

PCCC Fitness Studio

61059 SU 10:30–11:30am Jan 9–Jan 30

FEE FOR 12 TO 59 YEARS: \$34.00
FEE FOR 60+: \$26.00

PCCC Fitness Studio

61061 TU 5:45–6:45pm Jan 4–Feb 1
61273 TH 5:45–6:45pm Jan 6–Feb 3
61060 SU 10:30–11:30am Feb 6–Mar 6
61062 TU 5:45–6:45pm Feb 8–Mar 8
61274 TH 5:45–6:45pm Feb 10–Mar 10

FEE FOR 12 TO 59 YEARS: \$42.50
FEE FOR 60+: \$32.50

POWER YOGA

This one hour Power Flow Yoga class will focus on full body strength and core while adding some flow into your practice. Intermediate class. Age: 12+

PCCC Laking Room

61284 TH 7:15–8:15pm Jan 6–Feb 3
61285 TH 7:15–8:15pm Feb 10–Mar 10

FEE FOR 12 TO 59 YEARS: \$47.50
FEE FOR 60 TO 79 YEARS: \$35.75

TAI CHI – WU STYLE

This form of fitness emphasizes sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Age: 19+

PCCC Laking Room

61086 TU 7–8:30pm Jan 4–Mar 8

FEE FOR 19 TO 59 YEARS: \$75.00
FEE FOR 60 TO 79 YEARS: \$56.50

CURVY YOGA WITH KIM

This yoga class is inclusive for bodies of all shapes and sizes. This is the perfect class to experience what yoga and pilates is all about. Age: 12+

HC Community Room 2

61139 M 7:15–8:15pm Jan 10–Jan 31
61140 M 7:15–8:15pm Feb 7–Mar 7

FEE FOR 12 TO 59 YEARS OLD: \$38.00
FEE FOR 60+: \$28.60

PILATES

Change your body by improving your posture, building core strength and producing long and lean muscles. Stand straighter, feel stronger and become more flexible. Age: 12+

HC Community Room 2

61141 TH 6–7pm Jan 6–Feb 3
61142 TH 6–7pm Feb 10–Mar 10

FEE FOR 12 TO 59 YEARS OLD: \$47.50
FEE FOR 60+: \$35.75

YOGALATES

Experience the combination of Yoga and Pilates. Feel the benefits of the different styles and leave the class feeling taller and stronger. Age: 12+

HC Community Room 2

61143 W 7:15–8:15pm Jan 5–Feb 2
61144 W 7:15–8:15pm Feb 9–Mar 9

FEE FOR 12 TO 59 YEARS: \$47.50
FEE FOR 60+: \$35.80



Sport & leagues

LEARN TO PLAY PICKLEBALL

This is a beginner level program. The goal is to improve the participants game by mastering basic strokes, drills, etiquette, and also play games. As players progress they will be taught court awareness, tactics, and drills. Age: 18+

HC Gym

61151 M 9–10:30am Jan 10–Jan 31
61152 M 9–10:30am Feb 7–Mar 7

FEE FOR 18 TO 59 YEARS: \$60.00
FEE FOR 60 UP TO 46 YEARS: \$45.00

61155 T 6–7:30pm Jan 4–Feb 1
61156 T 6–7:30pm Feb 8–Mar 8

FEE FOR 18 TO 59 YEARS: \$75.00
FEE FOR 60 UP TO 79 YEARS: \$56.25

TRAIN TO PLAY PICKLEBALL

This a Intermediate level program. An instructor will supervise play and teach you how to improve your game by mastering your strokes, footwork and court awareness. Equipment provided. Age: 18+

PCCC Gymnasium

61170 TH 6–7:30pm Jan 6–Feb 3
61171 TH 6–7:30pm Feb 10–Mar 10

FEE FOR 18 TO 59 YEARS: \$75.00
FEE FOR 60 UP TO 79 YEARS: \$56.25

PCCC Gymnasium

61172 TH 7:45–9:15pm Jan 6–Feb 3
61173 TH 7:45–9:15pm Feb 10–Mar 10

FEE FOR 18 TO 59 YEARS: \$32.50
FEE FOR 60 UP TO 79 YEARS: \$24.50

PICKLEBALL ALL LEVELS

This is for all level players who want guaranteed playtime. Age: 18+

HC Gym

61527 M 10:45–12:15pm Jan 10–Jan 31
61528 M 10:45–12:15pm Feb 7–Mar 7

FEE FOR 18 TO 59 YEARS: \$19.50
FEE FOR 60 UP TO 79 YEARS: \$15.00

PCCC Gymnasium 1/2 E

61644 TU 9:30–11am Jan 4–Feb 1
61646 TU 11:15–12:45pm Jan 4–Feb 1
61656 TH 9:30–11am Jan 6–Feb 3
61657 TH 11:15–12:45pm Jan 6–Feb 3
61645 TU 9:30–11am Feb 8–Mar 8
61647 TU 11:15–12:45pm Feb 8–Mar 8
61658 TH 9:30–11am Feb 10–Mar 10
61660 TH 11:15–12:45pm Feb 10–Mar 10

FEE FOR 18 TO 59 YEARS: \$32.50
FEE FOR 60 UP TO 79 YEARS: \$24.50

PICKLEBALL – INTERMEDIATE

This is for intermediate level players who want guaranteed playtime without the need to sign up every week. Our instructor, Cathy, will coach and organize games. Age: 18+

HC Gym

61157 W 8:30–10am Jan 5–Feb 2
61158 W 8:30–10am Feb 9–Mar 9

FEE FOR 18 TO 59 YEARS: \$32.50
FEE FOR 60 UP TO 79 YEARS: \$24.50

PCCC Gym

61172 TH 7:45–9:15pm Jan 6–Feb 3
61173 TH 7:45–9:15pm Feb 10–Mar 10

FEE FOR 18 TO 59 YEARS: \$32.50
FEE FOR 60 UP TO 79 YEARS: \$24.50



BASKETBALL

Meet up with your teammates and play Recreational Basketball. Preregistration is required. Leader/referee will be present.

Age: 18+

PCCC Gymnasium

61556	W	8:15–9:45pm	Jan 5–26
61168	M	6:45–8:15pm	Jan 10–24
61169	M	8:15–9:45pm	Jan 10–24

FEE: W \$26.00

FEE: M \$19.50

WOMEN IN SPORT VOLLEYBALL

This popular league sells out quickly. Register your team and get in on the action.

Age: 18+

HC Gym

61153 M 6:30–9:30pm Jan 10–Mar 7

FEE: \$333.00

MEN’S BASKETBALL

Get a group of guys together, form a team and then sign up for this recreational league. The league will be structured with 2 referees, league standings and playoffs. Individuals can sign-up and be placed on a team. Please contact degussemek@portcoquitlam.ca or call 604-927-7928 for more information and to register. Space is limited. Age: 18+

PCCC Gymnasium

61175 W 6–9pm Feb 9–Mar 9

FEE: \$320.00

PCCC Gymnasium

61174 M 6–9pm Jan 31–Mar 7

FEE: \$320.00

BADMINTON

This is for all level players who want guaranteed playtime for 2 weeks without the need to sign up every week. Our instructor, Cathy, will organize games.

Age: 18+

PCCC Gymnasium ½ W

61316 TU 9:30–11am Jan 4–Feb 1

61319 TU 11:15am–12:45pm Jan 4–Feb 1

61651 TH 11:15am–12:45pm Jan 6–Feb 3

61652 TH 9:30–11am Jan 6–Feb 3

61317 TU 9:30–11am Feb 8–Mar 8

61320 TU 11:15am–12:45pm Feb 8–Mar 8

61653 TH 9:30–11am Feb 10–Mar 10

61655 TH 11:15am–12:45pm Feb 10–Mar 10

FEE FOR 18 TO 59 YEARS: \$32.50

FEE FOR 60 UP TO 79 YEARS: \$24.50



Skating

Private lessons – all ages

SKATE – ADULT LEVEL 1

Have you always wanted to learn to skate? Head on down to the new Port Coquitlam Community Centre to learn fundamental skating skills in a supportive and fun adult only program. Participants new to skating learn to balance, use edges, develop a stride, glide, stop and are introduced to backwards skating. CSA approved ice helmet mandatory, and skate and helmet rentals included in program fee.

Registered adult lesson participants have the option to practice their forward skating skills before or after lessons during the **7:45 to 9:15pm Adult Only Public Skate** during their lesson set. Adult lesson participants need to check in at the Skate Shop prior to attending the Adult Only Public Skate.

PCCC Arena 3 (Purple)

61969 W 7:50–8:30pm Jan 12–Feb 16
61975 SU 11:30am–12:10pm Jan 16–Feb 20

FEE: \$58.50

SKATE – ADULT LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Join other adults at the Port Coquitlam Community Centre for adult only skate lessons. Participants will improve their forward skating technique, learn how to backwards skate, stop proficiently, and improve edges and balance to learn crossovers. CSA approved helmet mandatory, and skate and helmet rentals included in program fee.

Registered adult lesson participants have the option to practice their forward skating skills before or after lessons during the **7:45 to 9:15pm Adult Only Public Skate** during their lesson set. Adult lesson participants need to check in at the Skate Shop prior to attending the Adult Only Public Skate.

PCCC Arena 3 (Purple)

61972 W 8:35pm–9:15pm Jan 12–Feb 16

61976 SU 11:30am–12:10pm Jan 16–Feb 20

FEE: \$58.50

SKATING – PRIVATE LESSONS

This set of six 30 minute private skating lessons offers 1 on 1 instruction to learn or strengthen basic skating skills on a portion of ice during Learn to Skate lessons. Lesson fee includes skates and helmet. **Age: 3+**

PCCC Arena 3 (Purple)

61634 M 4–4:30pm Jan 10–Feb 14
61649 M 4:30–5pm Jan 10–Feb 14
61661 M 5:15–5:45pm Jan 10–Feb 14
61662 M 5:45–6:15pm Jan 10–Feb 14
61663 M 6:15–6:45pm Jan 10–Feb 14
61664 M 6:45–7:15pm Jan 10–Feb 14
61665 W 4–4:30pm Jan 12–Feb 16
61666 W 4:30–5pm Jan 12–Feb 16
61667 W 5:15–5:45pm Jan 12–Feb 16
61668 W 5:45–6:15pm Jan 12–Feb 16
61669 W 6:15–6:45pm Jan 12–Feb 16
61670 W 6:45–7:15pm Jan 12–Feb 16

PCCC Arena 3 (Purple)

61883 F 4–4:30pm Jan 14–Feb 18
61884 F 4–4:30pm Jan 14–Feb 18
61885 F 4:30–5pm Jan 14–Feb 18
61886 F 4:30–5pm Jan 14–Feb 18
61887 F 5–5:30pm Jan 14–Feb 18
61888 F 5–5:30pm Jan 14–Feb 18
61889 F 5:30–6pm Jan 14–Feb 18
61890 F 5:30–6pm Jan 14–Feb 18

FEE: \$150.00



SKATE – CHILD 1

First time skaters will learn ice safety, how to stand, balance, fall, march forward while learning to gain speed using inside edges, stationary snowplow stopping, backwards marching, and be introduced to forward sculling. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61915	M	4–4:30pm	Jan 10–Feb 14
61917	M	4:30–5pm	Jan 10–Feb 14
61918	M	4:30–5pm	Jan 10–Feb 14
61919	M	5:15–5:45pm	Jan 10–Feb 14
61921	M	5:45–6:15pm	Jan 10–Feb 14
61923	M	6:15–6:45pm	Jan 10–Feb 14
61925	M	6:45–7:15pm	Jan 10–Feb 14
61916	W	4–4:30pm	Jan 12–Feb 16
61920	W	5:15–5:45pm	Jan 12–Feb 16
61922	W	5:45–6:15pm	Jan 12–Feb 16
61924	W	6:15–6:45pm	Jan 12–Feb 16
61926	W	6:45–7:15pm	Jan 12–Feb 16
61891	F	4–4:30pm	Jan 14–Feb 18
61893	F	4:30–5pm	Jan 14–Feb 18

FEE: \$39.00

SKATE – CHILD 2

Skaters will learn to transition from a walk to a introductory stride using edges and then develop a “glide to their stride”, learn to two foot glide and be introduced to stopping, and backwards skating.

Prerequisite: Completion of Child 1 or ability to INDEPENDENTLY get up and walk forward. If your child has not recently skated, best to review prior level. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61927	M	4–4:30pm	Jan 10–Feb 14
61929	M	4:30–5pm	Jan 10–Feb 14
61930	M	4:30–5pm	Jan 10–Feb 14
61931	M	5:15–5:45pm	Jan 10–Feb 14
61933	M	5:45–6:15pm	Jan 10–Feb 14
61935	M	6:15–6:45pm	Jan 10–Feb 14
61937	M	6:45–7:15pm	Jan 10–Feb 14
61928	W	4–4:30pm	Jan 12–Feb 16
61932	W	5:15–5:45pm	Jan 12–Feb 16
61934	W	5:45–6:15pm	Jan 12–Feb 16
61936	W	6:15–6:45pm	Jan 12–Feb 16
61938	W	6:45–7:15pm	Jan 12–Feb 16
61894	F	4–4:30pm	Jan 14–Feb 18
61895	F	4:30–5pm	Jan 14–Feb 18

FEE: \$39.00

SKATE – CHILD 3

Skaters who can already skate forward improve forward skating techniques and learn forward sculling, wide slaloms, forward snowplow stopping and be introduced to backward sculling, backwards skating and one foot pumping on a straight line.

Prerequisite: Completion of or ability to meet Tot 4 or Child 2 skills. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61939	M	4–4:40pm	Jan 10–Feb 14
61941	M	5:15–5:55pm	Jan 10–Feb 14
61943	M	5:55–6:35pm	Jan 10–Feb 14
61945	M	6:35–7:15pm	Jan 10–Feb 14
61940	W	4–4:40pm	Jan 12–Feb 16
61942	W	5:15–5:55pm	Jan 12–Feb 16
61944	W	5:55–6:35pm	Jan 12–Feb 16
61946	W	6:35–7:15pm	Jan 12–Feb 16
61896	F	5–5:40pm	Jan 14–Feb 18

FEE: \$58.50

SKATE – CHILD 4

Strengthen existing forward skating skill, learn left and right foot stopping, backward skating, backwards sculling, tight slalom, introduction to one foot glide and backward pumping on a line.

Prerequisite: Completion of Child 3 or ability to meet Child 3 skills. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61947	M	4–4:40pm	Jan 10–Feb 14
61949	M	5:15–5:55pm	Jan 10–Feb 14
61951	M	5:55–6:35pm	Jan 10–Feb 14
61948	W	4–4:40pm	Jan 12–Feb 16
61950	W	5:15–5:55pm	Jan 12–Feb 16
61952	W	5:55–6:35pm	Jan 12–Feb 16
61897	F	5–5:40pm	Jan 14–Feb 18

FEE: \$58.50

SKATE – CHILD 5

Build upon existing technical correct skating skills to strengthen forward and backward skating, learn to one foot glide on a curve, backward snowplow stop and be introduced to forward and backward pumping and thrusting on a curve.

Prerequisite: Completion of Child 4 or ability to meet Child 4 skills. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61953	M	4–4:40pm	Jan 10–Feb 14
61955	M	5:15–5:55pm	Jan 10–Feb 14
61957	M	5:55–6:35pm	Jan 10–Feb 14
61954	W	4–4:40pm	Jan 12–Feb 16
61956	W	5:15–5:55pm	Jan 12–Feb 16
61958	W	5:55–6:35pm	Jan 12–Feb 16
61898	F	5–5:40pm	Jan 14–Feb 18

FEE: \$58.50

SKATE – CHILD 6

Strong and technically correct forward skaters learn to become powerful forward and backward skaters, and improve forward and backward pumping and thrusting techniques. Skaters are introduced to forward crossovers and parallel side stops.

Prerequisite: Completion of Child 5 or ability to meet Child 5 skills. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61959	M	6:15–6:55pm	Jan 10–Feb 14
61960	W	6:15–6:55pm	Jan 12–Feb 16
61899	F	5–5:40pm	Jan 14–Feb 18

FEE: \$58.50

SKATE – CHILD 7

The final level of the City's Learn to Skate program focuses on speed and technique to perform forward and backward skating and crossovers, slaloms, tight turns, pivots and stopping.

Prerequisite: Completion of Child 6 or ability to meet Child 6 skills. **Age: 6 to 12**

PCCC Arena 3 (Purple)

61961	M	6:35–7:15pm	Jan 10–Feb 14
61962	W	6:35–7:15pm	Jan 12–Feb 16
61900	F	5–5:40pm	Jan 14–Feb 18

FEE: \$58.50



Skating

Tot

SKATE – PARENT & TOT

It's cold, slippery but most of all fun! Parents support their children as they learn to skate while playing with toys and participating in interactive games. Skaters learn how to stand, balance, fall, march forward and turn! Skates and helmets free of charge to parents and children, or slip on cleats and helmets provided to parents free of charge too. Age: 2½ to 5

PCCC Arena 3 (Purple)

62471	SU	1:30–2pm	Jan 9–Feb 14
62384	M	6:15–6:45pm	Jan 10–Feb 14
62385	M	6:45–7:15pm	Jan 10–Feb 14
62386	W	6:15–6:45pm	Jan 12–Feb 16
62387	W	6:45–7:15pm	Jan 12–Feb 16

FEE: \$39.00

SKATE – TOT 1

First time skaters will independently learn ice safety, how to stand and fall, march forward, turn, and hop assisted while having fun through songs and play. Age: 2 ½ to 5

PCCC Arena 3 (Purple)

61672	M	4–4:30pm	Jan 10–Feb 14
61674	M	4:30–5pm	Jan 10–Feb 14
61676	M	5:15–5:45pm	Jan 10–Feb 14
61677	M	5:45–6:15pm	Jan 10–Feb 14
61678	M	6:15–6:45pm	Jan 10–Feb 14
61679	M	6:45–7:15pm	Jan 10–Feb 14
61680	M	4–4:30pm	Jan 10–Feb 14
61681	M	4:30–5pm	Jan 10–Feb 14
61682	M	5:15–5:45pm	Jan 10–Feb 14
61683	M	5:45–6:15pm	Jan 10–Feb 14
61684	M	6:15–6:45pm	Jan 10–Feb 14
61685	M	6:45–7:15pm	Jan 10–Feb 14
61686	M	4–4:30pm	Jan 12–Feb 16
61687	W	4:30–5pm	Jan 12–Feb 16
61688	W	5:15–5:45pm	Jan 12–Feb 16
61689	W	5:45–6:15pm	Jan 12–Feb 16
61690	W	6:15–6:45pm	Jan 12–Feb 16
61691	W	6:45–7:15pm	Jan 12–Feb 16
61692	W	4–4:30pm	Jan 12–Feb 16
61693	W	4:30–5pm	Jan 12–Feb 16
61694	W	5:15–5:45pm	Jan 12–Feb 16

61695	W	5:45–6:15pm	Jan 12–Feb 16
61696	W	6:15–6:45pm	Jan 12–Feb 16
61697	W	6:45–7:15pm	Jan 12–Feb 16
61750	W	4–4:30pm	Jan 14–Feb 18
61751	F	4:30–5pm	Jan 14–Feb 18

FEE: \$39.00

SKATE – TOT 2

Skaters who can independently stand and walk forward will learn edges to gain speed and move forward, march backwards, and stationary snowplow stop.

Prerequisite: Completion of Tot 1 or ability to independently stand and walk. If your child has not recently skated, best to review prior level. Age: 2 ½ to 5

PCCC Arena 3 (Purple)

61723	M	4–4:30pm	Jan 10–Feb 14
61725	M	4:30–5pm	Jan 10–Feb 14
61727	M	5:15–5:45pm	Jan 10–Feb 14
61728	M	5:45–6:15pm	Jan 10–Feb 14
61729	M	6:15–6:45pm	Jan 10–Feb 14
61730	M	6:45–7:15pm	Jan 10–Feb 14
61731	M	4–4:30pm	Jan 12–Feb 16
61733	W	4:30–5pm	Jan 12–Feb 16
61734	W	5:15–5:45pm	Jan 12–Feb 16
61735	W	5:45–6:15pm	Jan 12–Feb 16
61736	W	6:15–6:45pm	Jan 12–Feb 16
61737	W	6:45–7:15pm	Jan 12–Feb 16
61752	W	4–4:30pm	Jan 14–Feb 18
61753	F	4:30pm–5pm	Jan 14–Feb 18

FEE: \$39.00

SKATE – TOT 3

Skaters will learn edges to develop a “glide to their stride”, learn to two foot glide, and be introduced to gliding on a curve, snowplow stopping and backward skating.

Prerequisite: Completion of Tot 2 or ability to meet Tot 2 skills. If your child has not recently skated, best to review prior level. Age: 2½ to 5

PCCC Arena 3 (Purple)

61742	M	4–4:30pm	Jan 10–Feb 14
61743	M	5:15–5:45pm	Jan 10–Feb 14
61739	W	5:15–5:45pm	Jan 12–Feb 16
61740	W	4–4:30pm	Jan 12–Feb 16
61749	F	4–4:30pm	Jan 14–Feb 18

FEE: \$39.00

SKATE – TOT 4

With the ability to already skate forward skaters strengthen momentum, improve snowplow stopping and backwards skating. Skaters will practice use of edges through an introduction to sculling and pumping.

Prerequisite: Completion of Tot 3 or ability to meet Tot 3 skills. If your child has not recently skated, best to review prior level. Age: 2½ to 5

PCCC Arena 3 (Purple)

61744	M	5:45–6:15pm	Jan 10–Feb 14
61746	M	4:30–5pm	Jan 10–Feb 14
61747	W	4:30–5pm	Jan 12–Feb 16
61748	W	5:45–6:15pm	Jan 12–Feb 16
61745	F	4:30–5pm	Jan 14–Feb 18

FEE: \$39.00



SKATE – YOUTH LEVEL 1

Have you always wanted to learn to skate? Head on down to the new Port Coquitlam Community Centre to learn fundamental skating skills in a supportive and fun youth only program. Participants new to skating learn to balance, use edges, develop a stride, glide, stop and are introduced to backwards skating. CSA approved ice helmet mandatory, and skate and helmet rentals included in program fee. **Age: 13 to 18**

PCCC Arena 3 (Purple)

61977 F 4–4:30pm Jan 14–Feb 18
61979 SU 1–1:30pm Jan 16–Feb 20

FEE: \$39.00

SKATE – YOUTH LEVEL 2

Looking to improve existing skating skills and become a more competent skater? Join other adults at the Port Coquitlam Community Centre for youth only skate lessons. Participants will improve their forward skating technique, learn how to backwards skate, stop proficiently, and improve edges and balance to learn crossovers. CSA approved helmet mandatory, and skate and helmet rentals included in program fee. **Age: 13 to 18**

PCCC Arena 3 (Purple)

61978 F 4:30–5pm Jan 14–Feb 18
61981 SU 1–1:30pm Jan 16–Feb 20

FEE: \$39.00



Children's programs

After-school Active includes a Healthy Snack, Team Building, Fair Play Discussion and 60 minutes of Active FUN! Come join us as we learn the FUNdamentals in various sports. Don't forget your water bottle!

BASKETBALL

Age: 8 to 10

HC Gym

61311 F 3:30-5pm Jan 21-Mar 11

FEE: \$73.50

HC Gym

61307 TU 3:30-5pm Jan 18-Mar 8

FEE: \$84.00

FLOOR HOCKEY

Age: 6 to 10

HC Gym

61309 W 3:30-5pm Jan 19-Mar 9

FEE: \$84.00

JUNIOR BASKETBALL

Age: 6 to 8

HC Gym

61308 T 3:30-5pm Jan 18-Mar 8

FEE: \$84.00

HC Gym

61310 F 3:30-5pm Jan 21-Mar 11

FEE: \$73.50

MULTI SPORT

Age: 6 to 10

HC Gym

61628 M 3:30-5pm Jan 17-Mar 7

FEE: \$73.50

RACQUET SPORTS

Age: 6 to 10

PCCC Gymnasium 1/2 E

61298 W 3:30-5pm Jan 19-Mar 9

FEE: \$84.00

SOCCER

Age: 6 to 10

PCCC Gymnasium 1/2 E

61306 M 3:30-5pm Jan 17-Mar 7

FEE: \$73.50

SWIM & BASKETBALL

Includes 60 minutes of a public swim and 60 minutes of active time in the gym. Please bring your own healthy snack if your child wishes to have a snack during the program. Drop off in the gymnasium and pick up at the pool. Arrive in your swimsuit. Age: 7 to 10

PCCC Gymnasium 1/2 E

61297 TH 3:30-5:30pm Jan 20-Mar 3

FEE: \$140.00

SWIM & RECREATION FUN

Age: 7 to 10

PCCC Gymnasium 1/2 E

61296 TU 3:30-5:30pm Jan 18-Mar

FEE: \$140.00

SWIM, PLAY, PIZZA – JAN 28 & FEB 25

Children will spend a Friday evening swimming, sharing pizza and playing in the Sports Hall for some active fun.

Age: 7 to 10

HC Prog Rm 1

61293 F 6-9pm Jan 28

61294 F 6-9pm Feb 25

FEE: \$24.00



Children's programs

ACTING 101

This acting class will introduce kids to the theatre by taking a classic story each week and bringing it to life. Kids will use games, improv, music, costumes, and more as they create scenes and mini-plays based on stories such as Peter Pan, Alice in Wonderland, and Willy Wonka. Theatrichyouththeatre.com Age: 8 to 12

PCCC Small Multipurpose Room
60804 TH 4-5pm Jan 13-Mar 3

Fee: \$120.00

STORYBOOK THEATRE

This acting class will use games, improv, puppets, costumes, music, and more as kids learn how to create scenes and mini-plays each class based on stories such as Winnie the Pooh, Mother Goose nursery rhymes, and fairy tales. Theatrichyouththeatre.com Age: 5 to 7

PCCC Small Multipurpose Room
60803 TH 3-3:50pm Jan 13-Mar 3

FEE: \$120.00

LETS DANCE CLUB – INTERMEDIATE

Let's Dance with Miss Annette. Learn dance moves with focus on jazz, ballet and hip hop and creating a short choreography dancing to your favourite tunes. For information please call Annette at 604.612.9044 Age: 7 to 10

PCCC Playroom 3
61715 TU 4:30-5:30pm Jan 18-Mar 8

FEE: \$96.00

LETS DANCE CLUB – LEVEL 3

Let's Dance with Miss Annette. Learn dance moves with focus on jazz, ballet and hip hop and creating a short choreography dancing to your favourite tunes. For information please call Annette at 604.612.9044 Age: 7 to 10

PCCC Playroom 3
61714 TU 3:15-4:15pm Jan 18-Mar 8

Fee: \$96.00

ART ALL WAYS

This program introduces children to a wide range of art materials and techniques. It's perfect for budding artists who love to explore and try a little bit of everything. Participants will learn to express themselves through drawing, painting, clay, sculpture, mixed media, and print-making projects.

PCCC JB Young Room Age: 6 to 8
60805 SA 3:30-4:45pm Jan 15-Mar 5

FEE: \$110.00

Outlet Work Room Age: 6 to 9
60800 M 3:30-4:45pm Jan 10-Mar 7

FEE: \$110.00

COOL CLAY CLASS

Learn to make your own clay art pieces. Participants will build, glaze and fire several pieces of pottery to take home at the end of this program. Age: 7 to 12

Outlet Work Room
60801 TH 3:30-5pm Jan 13-Mar 3

FEE: \$150.00

CREATING FANTASY WORLDS

Create fantasy worlds through the exploration of drawing maps and mysterious landscapes, using a variety of materials and techniques. All materials are included. Age: 7 to 12

Outlet Work Room
60802 TU 3:30-4:45pm Jan 11-Mar 1

FEE: \$112.00





Children's programs

A great selection of **Pro D Day** and **Spring Break Camps** to choose from.

PRO D DAY ART CAMP – FEB 25

Explore the wonder of art during this one day camp, jam packed with art projects, games, and outside play. Bring snacks, lunch and dress for the weather. Child must have completed or be currently enrolled in Kindergarten. Age: 5 ½ to 10

Outlet Work Room

60797 F 8:30am–3pm Feb 25

FEE: \$40.00

PRO D DAY CAMP – FEB 25 HYDE CREEK

School's out but the FUN is in. Children will participate in a variety of great activities throughout the day. Sports Hall games, craft, swimming and themed activities. Join with a friend for the BEST DAY EVER! Age: 7 to 10

HC Community Room 2

61303 F 9am–3:30pm Feb 25

FEE: \$36.00

SPRING BREAK ART CAMP

Campers will use their unique creativity to make one-of-a-kind projects and learn through fun, hands-on art activities in sculpture, painting, design and more. Bring peanut free snacks and lunch, dress for the weather. Age: 5½ to 10

Outlet Work Room

60798 M, TU, W, TH, F 8:30am–3pm Mar 14–Mar 18

Outlet Work Room

60799 M, TU, W, TH, F 8:30am–3pm Mar 21–Mar 25

FEE: \$185.00

SPRING BREAK EXPLORERS CAMP HYDE CREEK

Hyde Creek Explorers is designed for 8 to 10 yr olds. Children will move, create, and connect as they explore trails around Hyde Creek, play games and activities and connect with their peers. Camp will include swimming each day.

What to bring: Children must bring a backpack labeled with your child's name and two snacks, lunch, water bottle, swimsuit and towel. Dress your child in weather appropriate clothing and comfortable footwear for walking and playing. All camps are nut free. Age: 8 to 10

HC Community Room 2

61312 M, TU, W, TH, F 9am–3:30pm Mar 14–Mar 18

HC Community Room 2

61313 M, TU, W, TH, F 9am–3:30pm Mar 21–Mar 25

FEE: \$180.00

SPRING BREAK JUNIOR EXPLORERS CAMP HYDE CREEK

Come play with us! Explore trails around Hyde Creek, play games and activities at local parks and make new friends. We are focused on teaching life-long skills like creativity and problem-solving skills. Your child must currently be attending kindergarten to enroll in this program.

What to bring: Your own backpack, lunch, 2 snacks, water bottle, weather appropriate clothing. All camps are nut free. Age: 5 to 7

HC Prog Rm 2

61314 M, TU, W, TH, F 9am–3:30pm Mar 14–Mar 18

FEE: \$180.00

HC Prog Rm 2

61315 M, TU, W, TH, F 9am–3:30pm Mar 21–Mar 25

FEE: \$180.00



Children's programs

A great selection of **Pro D Day** and **Spring Break Camps** to choose from.

SPRING BREAK BADMINTON

Learn to serve, receive, and play the game of badminton. Emphasis is on skill development and learning the rules of the game. This program will take place in the gymnasium of Hyde Creek Recreation Centre.

PCCC Gymnasium 1/2 W Age: 10 to 13
61289 TU, TH
10:45am-12:15pm Mar 22-24

FEE: \$30.00

PCCC Gymnasium 1/2 W Age: 7 to 9
61288 TU, TH
9-10:30am Mar 22-24

FEE: \$20.00

SPRING BREAK BASKETBALL

This skill development program will focus on individual and team oriented basketball skills. Specifically, shooting and passing, offensive and defensive concepts, sport and physical conditioning. This program will take place in the gymnasium of Hyde Creek Recreation Centre.

HC Gym Age: 7 to 9
61249 M, W, F
9-10:30am Mar 14-18

FEE: \$30.00

HC Gym Age: 10 to 13
61251 M, W, F
10:45am-12:15pm Mar 14-18

FEE: \$45.00

PCCC Gymnasium Age: 7 to 9
61256 TU, TH
9-10:30am Mar 15-17

FEE: \$20.00

PCCC Gymnasium Age: 10 to 13
61255 TU, TH
10:45am-12:15pm Mar 15-17

FEE: \$30.00





Early learning programs

TINY TOTS MUSICAL THEATRE

Children and parents sing, dance, and play together each week using songs and characters from our favourite movie musicals. theatrxyourtheatre.com
Age: 2 to 3

Outlet Work Room

61346 W 9:30-10:15am Jan 12-Mar 2

FEE: \$112.00

TINY TROUPERS MUSICAL THEATRE

Your child will have tons of fun singing, dancing, and acting in this musical theatre class. We'll play with music, movement, and costumes using the characters and songs from our favourite movie musicals as inspiration. Visit theatrxyourtheatre.com
Age: 4 to 5

Outlet Work Room

61347 W 10:30-11:15am Jan 12-Mar 2

FEE: \$112.00

BABY ART LAB

Babies and toddlers explore art using all their senses and with safe-to-consume materials. Children must be accompanied by a parent or guardian. Age: 12mo to 35mo

Outlet Work Room

60794 M 9-9:30am Jan 10-Feb 14

60795 M 9:45-10:15am Jan 10-Feb 14

FEE: \$33.80

MUSIC PUPS

Your little one will sing, move, dance and play with instruments nurturing their music learning and brain development. This class offers a unique opportunity for parent/child bonding. Award-winning music and curriculum booklet included. Instructor: Rebekah Ng. Visit themusicclass.com Age: 1 to 4

Outlet Artist in Res

60796 F 9:45-10:30am Jan 14-Mar 4

FEE: \$150.00

TONS OF FUN CAMP

In this Camp, your child will enjoy games, crafts and creative silly play in this camp program. We will teach some life-long skills along the way. Come for a laugh and a whole ton of fun.

What to bring: Your own backpack, a snacks, water bottle, weather appropriate clothing. All camps are nut free.
Age: 3 to 5

PCCC Playroom 2

61406 M, TU, W, TH, F
10am-12pm Mar 14-18

FEE: \$75.00

PCCC Playroom 2

61404 M, TU, W, TH, F
10am-12pm Mar 14-18

FEE: \$75.00

CARS AND TRUCKS

Check out how different cars and trucks move in this class. Age: 3 to 5

HC Prog Rm 2

61391 M 1-2pm Jan 17-Mar 7

FEE: \$64.00

CONSTRUCTION CREW

Little builders hammer and create new contraptions each afternoon. We will utilize a variety of materials to build group and individual projects. Age: 3 to 5

PCCC Playroom 1

61399 W 1-2pm Jan 19-Mar 9

FEE: \$64.00





Early learning programs

DANCE TOTS – LEVEL 1

Learning and exploring dance with the fundamentals of ballet, jazz and tap. Using our imagination while learning dance steps across the floor and finishing with gymnastics on the mat. For information please call Annette at 604.612.9044 Age: 3 to 4

PCCC Playroom 3

61717 SA 10:30–11:30am Jan 15–Mar 5

FEE: \$96.00

DANCE TOTS – LEVEL 2

Continuation of Level 1 with the fundamentals of ballet, jazz and tap. Skips, gallops, turns will be covered focus on a short choreography, dances from around the world then finishing with gymnastics on the mat. For information please call Annette at 604.612.9044 Age: 4 to 6

PCCC Playroom 3

61716 SA 11:45–12:45pm Jan 15–Mar 5

FEE: \$96.00

DANCE TOTS – TINY TOTS

An Intro to dance & movement using props and familiar songs kid's love while developing their motor skills and imagination in creative ways. Program progresses from Tiny Tot Dance through Levels 1, 2 and then Let's Dance Club. For information please call Annette at 604.612.9044 Age: 2 to 3

PCCC Playroom 3

61718 SA 9–9:30am Jan 15–Mar 5

61719 SA 9:45–10:15am Jan 15–Mar 5

FEE: \$64.00

GYMBALAYA – Parent Participation

Tumble, jump, balance and play. The focus will be on moving to music, socialization through play, parachute games and a fun introduction to our gymnastics program. Age: 2 to 4

PCCC Playroom 3

61328 W 6–6:45pm Jan 19–Mar 9

FEE: \$64.00



HAND IN HAND – Parent Participation

Have fun with your child playing games and singing songs under the guidance of our experience staff. Infant brothers and sisters are welcome. Age: 1 to 4

HC Prog Rm 2

61326 TU 5:45–6:45pm Jan 18–Mar 8

FEE: \$64.00

HC Prog Rm 1

61327 W 9–10:15am Jan 19–Mar 9

FEE: \$80.00

I WANT TO BE A FIREFIGHTER

Firefighter mini challenges, obstacles, climbing and relays. Come explore this active themed program. Train to be a future firefighter. Age: 3 to 5

PCCC Playroom 3

61402 TH 1–2pm Jan 20–Mar 10

FEE: \$64.00

MINI MUSIC MAKERS – Parent Participation

Experience music in a group setting. Preschoolers and parents will explore songs, rhymes, a variety of instruments, crafts and stories with their parents. Parent participation is required. Age: 1 to 5

HC Prog Rm 2

61329 M 6–6:45pm Jan 17–Mar 7

FEE: \$45.50

PLAYSCHOOL PREP

Prepare for the routines of school, this structured program will include free play, circle time, learning time, music & crafts. Send a snack with your child. Age: 2½ to 4

HC Prog Rm 1

61331 M 10:30am–12pm Jan 17–Mar 7

FEE: \$77.00

HC Prog Rm 1

61334 W 10:30am–12pm Jan 19–Mar 9

FEE: \$88.00

PCCC Playroom 1

61812 F 1–2:30pm Jan 21–Mar 11

FEE: \$88.00



Early learning programs

PLAYSCHOOL – INSIDE & OUTSIDE

Children will Play INside 1 day a week & OUTside 1 day a week and explore Hyde Creek’s beautiful natural forest and trails. Play will include games and activities like climbing and jumping, water and snow play and imagination play. Children will visit Leslie’s outdoor living room for songs and stories, Julie’s kitchen for organization in natures cupboards and Lori’s art spot to get creative. They will also stir imaginations at Janis’ Fairy Garden. Your child will learn life long skills and we will celebrate each child’s uniqueness. Playschool will be held OUTside every Monday and INside every Wednesday unless inclement weather. Come play with us. For scheduled payments on a credit card, please call 604-927-PLAY(7529) to register.
Age: 3 to 5

HC Prog Rm 2
61227 M, W 9:30–11:30am Jan 17–Mar 9

FEE: \$240.00

HC Prog Rm 2
61225 TU, TH
9:30–11:30am Jan 18–Mar 10

FEE: \$256.00

PLAYSCHOOL – OUTSIDE

Children will Play OUTside and explore Hyde Creek’s beautiful natural forest and trails. Children will visit and learn new skills though play at Leslie’s outdoor living room, Julie’s kitchen, Lori’s art spot and stir imaginations at Janis’ Fairy Garden. Your child will learn life long skills and we will celebrate each child’s uniqueness. Playschool will be held OUTSIDE except in inclement weather. Special measures are in place to help prevent the spread of COVID-19. Physical distancing will be strongly encouraged but not enforced. Come play with us. For scheduled payments on a credit card, please call 604-927-PLAY(7529) to register.
Age: 3 to 5

HC Prog Rm 2
61226 F 9:30–11:30am Jan 21–Mar 11

FEE: \$128.00

READY SET GO

Enjoy free play and circle time and learn a gentle introduction to routines. Parents must remain in the building.
Age: 2½ to 3½

HC Prog Rm 1
61330 M 9–10am Jan 17–Mar 7

FEE: \$56.00

WINTER EXPLORATIONS

Explore the magic of winter in this class full of crafts, books, and nature.
Age: 3 to 5

HC Prog Rm 2
61403 TH 1–2pm Jan 20–Mar 10

FEE: \$56.00

SOCCER STARS AND PARENTS

Connect with your children by running, playing, kicking and having fun with a soccer ball. A sports leader will introduce games and activities to play with your child. Don’t forget your water bottle.
Age: 2 to 3

HC Gym
61343 SA 9:50–10:20am Jan 15–Mar 5

FEE: \$30.00

SOCCER STARS

A fun active start fast paced sports program for preschoolers including active drills and skills each session. Stay active, stay strong. Don’t forget your water bottle. Some Parent Participation may be needed.

HC Gym Age: 3
61344 SA 10:30–11:15am Jan 15–Mar 5

FEE: \$45.50

HC Gym Age: 4 to 5
61342 SA 9–9:45am Jan 15–Mar 5

FEE: \$45.50



Youth programs

PERFORMANCE CREATION

Youth will explore technical performance skills: articulation, elocution, and projection while performing and creating their own work. This program focuses on building confidence and exploring your own ideas. **Age: 14 to 17**

PCCC JB Young Room

60811 SA 1–3pm Jan 15–Mar 5

FEE: \$110.00

POETRY VIDEOGRAPHY

All you need is a cellphone. Youth will explore Port Coquitlam’s beauty and create short video works, scored by their own words. Have a poet’s soul? Give this workshop a go. **Age: 14 to 17**

GP Michael Wright Art Gallery

60806 W 4:30–6pm Jan 19–Mar 9

FEE: \$110.00

POETRY WORKSHOP

Youth will explore a diverse range of artists and respond to them. Samples of work from June Jordan, Pablo Neruda, and Jillian Christmas will serve in creating and performing their masterpieces! **Age: 12 to 15**

GP Michael Wright Art Gallery

60807 TU 4:30–6pm Jan 18–Mar 8

FEE: \$110.00

LEARN TO PLAY VOLLEYBALL

This beginner level program is designed to introduce the fundamental skills of volleyball. Participants will not only work on volleyball skills, but will be able to develop their fundamental movement skills that will benefit their athletic experience in the long-term. **Age: 8 to 12**

HC Gym

61159 TH 6:30–7:30pm Jan 6–Feb 3

61160 TH 6:30–7:30pm Feb 10–Mar 10

FEE: \$37.50

SPRING BREAK VOLLEYBALL

This program is to improve one’s fundamental skills of volleyball. Participants will not only work on volleyball skills, but will be able to develop their fundamental movement skills that will benefit their athletic experience in the long-term.

HC Gym Age: 11 to 16

61299 TU, TH 11:15am–12:45pm Mar 15–17

61302 TU, TH 11:15am–12:45pm Mar 22–24

FEE: \$30.00

HC Gym Age: 8 to 12

61300 TU, TH 10–11am Mar 15–17

61301 TU, TH 10–11.30am Mar 22–24

FEE: \$20.00



Youth programs

TRAIN TO PLAY VOLLEYBALL

This intermediate level program is designed to master the fundamental skills of volleyball. Participants will not only work on volleyball skills, but will be able to develop their fundamental movement skills that will benefit their athletic experience in the long-term.

Age: 11 to 16

HC Gym

61161 TH 7:45–9:15pm Jan 6–Feb 3
61162 TH 7:45–9:15pm Feb 10–Mar 10

FEE: \$68.00

FENCING – L3

Prerequisite: L2 Training program offered by the Tri–City Fencing Academy. After graduation from a L2 program, fencers move into our L3 program. Students will continue their learning with more advanced technical and tactical knowledge and more involvement in competitions. These programs are skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. Students are required to have their own equipment for L3 programs. Age: 13 to 19

PCCC Gymnasium ½ E

60965 TU 6–9pm Jan 11–Feb 1
60966 TU 6–9pm Feb 8–Mar 1
60967 TU 6–9pm Mar 8–Mar 29

FEE: \$145.00

FENCING – L1

Prerequisite: Fencing – Youth Beginners or Fencing – Children Beginners offered by the Tri–City Fencing Academy. After completion of a beginners program, students enter our L1 (9–10 yrs) or L1 (11+ yrs) training program. Younger students will be learning in this L1 program until they reach the age of 11, older students 3–9 months, as they develop strong technical sport fencing basics. A deposit is necessary to sign-out equipment.

PCCC Gymnasium ½ E Age: 9

60962 TU 7–8pm Jan 11–Feb 1
60968 TU 7–8pm Feb 8–Mar 1
60970 TU 7–8pm Mar 8–29

FEE: \$58.75

PCCC Gymnasium ½ E Age: 11 to 14

60963 TU 7–8pm Jan 11–Feb 1
60971 TU 7–8pm Feb 8–Mar 1
60969 TU 7–8pm Mar 8–29

FEE: \$58.75

FENCING – YOUTH BEGINNERS

Offered by the Tri–City Fencing Academy. Our youth program begins with a four session introductory class, quickly teaching the basic actions of the sport, allowing students to progress in their skills in a short time. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided. Age: 9 to 14

PCCC Gymnasium ½ E

60964 TU 6–7pm Jan 11–Feb 1
60972 TU 6–7pm Feb 8–Mar 1
60973 TU 6–7pm Mar 8–29

FEE: \$58.75



Aquatics

Children and Youth

It is the parent's responsibility to register children in the correct level of swim program. Instructors assess all students on the first day of lessons to ensure they have been placed correctly. Children placed incorrectly may be permitted to transfer, if space is available, at the discretion of staff. If no spots are available at the appropriate level, the child may be withdrawn at the discretion of staff for safety reasons.

SWIM KIDS 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres. Age: 5 to 12

PCCC Leisure Pool

61200 SA, SU
10–10:30am Feb 19–Mar 13

HC Lap Pool

61260 SA, SU
11:30am–12pm Feb 19–Mar 13

FEE: \$48.00

HC Lap Pool

61094 M, W
5–5:30pm Jan 5–Feb 2

PCCC Leisure Pool

61121 M, W 5:30–6pm Jan 5–Feb 2

FEE: \$54.00

PCCC Leisure Pool

61204 M, W
4:30–5pm Feb 7–Mar 9

HC Lap Pool

61370 M, W
3:30–4pm Feb 7–Mar 9

61371 M, W
5–5:30pm Feb 7–Mar 9

FEE: \$54.00

HC Lap Pool

61105 TU, TH
5–5:30pm Jan 4–Feb 3

61106 TU, TH
6:30–7pm Jan 4–Feb 3

PCCC Leisure Pool

61188 TU, TH
5–5:30pm Jan 4–Feb 3

61020 SA, SU
10–10:30am Jan 8–Feb 6

61212 TU, TH
4:30–5pm Feb 8–Mar 10

HC Lap Pool

61489 TU, TH
5:30–6pm Feb 8–Mar 10

61490 TU, TH
6:30–7pm Feb 8–Mar 10

61506 M, TU, W, TH, F
9:30–10am Mar 14–Mar 25

61507 M, TU, W, TH, F
4:30–5pm Mar 14–Mar 25

PCCC Leisure Pool

61551 M, TU, W, TH, F
10–10:30am Mar 14–Mar 25

FEE: \$60.00

SWIM KIDS 10

Swimmers increase their distance on front and back crawl (100m), elementary backstroke (50m) and breaststroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and headfirst surface dives with underwater swim, and swim 500 metres continuously. Age: 5 to 14

HC Lap Pool

61269 SA, SU
10:45–11:30am Feb 19–Mar 13

FEE: \$56.00

HC Lap Pool

61100 M, W
4–4:45pm Jan 5–Feb 2

FEE: \$63.00

HC Lap Pool

60771 SA, SU
10:30–11:15am Jan 8–Feb 6

60777 SA, SU
10–10:45am Jan 8–Feb 6

61498 TU, TH
5–5:45pm Feb 8–Mar 10

61519 M, TU, W, TH, F
10:30–11:15am Mar 14–Mar 25

FEE: \$70.00



SWIM KIDS 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deepwater activities (assisted) and swim 10 metres continuously. Age: 5 to 12

PCCC Leisure Pool

61194 SA, SU
9-9:30am Feb 19-Mar 13

HC Lap Pool

61261 SA, SU
10-10:30am Feb 19-Mar 13

FEE: \$48.00

HC Lap Pool

61095 M, W
4:30-5pm Jan 5-Feb 2

PCCC Leisure Pool

61115 M, W
5-5:30pm Jan 5-Feb 2

61205 M, W
5-5:30pm Feb 7-Mar 9

HC Lap Pool

61372 M, W
4:30-5pm Feb 7-Mar 9

FEE: \$54.00

PCCC Leisure Pool

61552 M, TU, W, TH, F
9:30-10am Mar 16-Mar 25

HC Lap Pool

61107 TU, TH
6-6:30pm Jan 4-Feb 3

PCCC Leisure Pool

61132 TU, TH
4:30-5pm Jan 4-Feb 3

HC Lap Pool

60776 SA, SU
11:30-12pm Jan 8-Feb 6

PCCC Leisure Pool

61015 SA, SU
9-9:30am Jan 8-Feb 6

PCCC Leisure Pool

61214 TU, TH
5-5:30pm Feb 8-Mar 10

HC Lap Pool

61492 TU, TH
5-5:30pm Feb 8-Mar 10

61508 M, TU, W, TH, F
9-9:30am Mar 14-Mar 25

61509 M, TU, W, TH, F
5-5:30pm Mar 14-Mar 25

FEE: \$60.00

SWIM KIDS 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously. Age: 5 to 14

HC Lap Pool

61262 SA, SU
11:30-12pm Feb 19-Mar 13

FEE: \$48.00

HC Lap Pool

61096 M, W
4-4:30pm Jan 5-Feb 2

PCCC Leisure Pool

61119 M, W
4-4:30pm Jan 5-Feb 2

FEE: \$54.00

PCCC Leisure Pool

61208 M, W
Feb 7-Mar 9 5:30-6pm M, W

HC Lap Pool

61405 M, W
4-4:30pm Feb 7-Mar 9

FEE: \$54.00

PCCC Leisure Pool

61553 M, TU, W, TH, F
9-9:30am Mar 16-Mar 25

HC Lap Pool

61510 M, TU, W, TH, F
8:30-9am Mar 15-Mar 25

61511 M, TU, W, TH, F
4-4:30pm Mar 15-Mar 25

61108 TU, TH
5:30-6pm Jan 4-Feb 3

61109 TU, TH
6:30-7pm Jan 4-Feb 3

60775 SA, SU
10:30-11am Jan 8-Feb 6

PCCC Leisure Pool

60999 SA, SU
8:30-9am Jan 8-Feb 6

61213 TU, TH
5-5:30pm Feb 8-Mar 10

HC Lap Pool

61493 TU, TH
6:30-7pm Feb 8-Mar 10

FEE: \$60.00

SWIM KIDS 4

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously. Age: 5 to 14

HC Lap Pool

61263 SA, SU
11-11:30am Feb 19-Mar 13

FEE: \$48.00

HC Lap Pool

61097 M, W
3:30-4pm Jan 5-Feb 2

PCCC Leisure Pool

61209 TU, TH
5:30-6pm Feb 8-Mar 8

FEE: \$54.00

HC Lap Pool

61407 M, W
5-5:30pm Feb 7-Mar 9

FEE: \$54.00

PCCC Leisure Pool

61554 T 8:30-9am Mar 15-Mar 22

FEE: \$60.00

PCCC Leisure Pool

61110 T, TH 5-5:30pm Jan 4-Feb 3

FEE: \$60.00



PCCC Leisure Pool

61134 T, TH 5:30–6pm Jan 4–Feb 3

HC Lap Pool

60774 SA, SU 10–10:30am Jan 8–Feb 6

61004 SA, SU 8:30–9am Jan 8–Feb 6

61494 TU, TH 5–5:30pm Feb 8–Mar 10

61495 TU, TH 6–6:30pm Feb 8–Mar 10

61512 M, TU, W, TH, F 8:30–9am Mar 14–Mar 25

61513 M, TU, W, TH, F 5:30–6pm Mar 14–Mar 25

FEE: \$60.00

SWIM KIDS 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform headfirst sculling on back, and swim 50 metres continuously. Age: 5 to 14

HC Lap Pool

61264 SA, SU 10:45–11:30am Feb 19–Mar 13

FEE: \$58.00

HC Lap Pool

61408 M, W 4–4:45pm Feb 7–Mar 9

FEE: \$65.25

HC Lap Pool

61111 TU, TH 5–5:45pm Jan 4–Feb 3

60768 SA, SU 10–10:45am Jan 8–Feb 6

61514 M, TU, W, TH, F 5:30–6:15pm Mar 14–Mar 25

FEE: \$72.50

SWIM KIDS 6

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform headfirst sculling on back, and swim 50 metres continuously. Age: 5 to 14

HC Lap Pool

61265 SA, SU 10–10:45am Feb 19–Mar 13

FEE: \$58.00

HC Lap Pool

61098 M, W 4:45–5:30pm Jan 5–Feb 2

FEE: \$65.25

HC Lap Pool

60769 SA, SU 10:45–11:30am Jan 8–Feb 6

61496 TU, TH 5:45–6:30pm Feb 8–Mar 10

61515 M, TU, W, TH, F 5:30–6:15pm Mar 14–Mar 25

FEE: \$72.50

SWIM KIDS 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously. Age: 5 to 14

HC Lap Pool

61266 SA, SU 10–10:45am Feb 19–Mar 13

FEE: \$56.00

HC Lap Pool

61409 M, W 4:45–5:30pm Feb 7–Mar 9

FEE: \$63.00

HC Lap Pool

61112 M, W 5:45–6:30pm Jan 5–Feb 2

FEE: \$70.00

HC Lap Pool

60772 SA, SU 11:15–12pm Jan 8–Feb 6

HC Lap Pool

61516 M, TU, W, TH, F 6–6:45pm Mar 14–Mar 25

FEE: \$70.00

SWIM KIDS 8

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breaststroke (15m), learn eggbeater/tread water, perform feet–first surface dive and standing shallow dive, and swim 300 metres continuously. Age: 5 to 14

HC Lap Pool

61267 SA, SU 10–10:45am Feb 19–Mar 13

FEE: \$56.00

HC Lap Pool

61410 M, W 4:45–5:30pm Feb 7–Mar 9

FEE: \$63.00

HC Lap Pool

61113 TU, TH 4:45–5:30pm Jan 4–Feb 3

60773 SA, SU 11:15am–12pm Jan 8–Feb 6

61517 M, TU, W, TH, F 6–6:45pm Mar 14–Mar 25

FEE: \$70.00



SWIM KIDS 9

Swimmers increase their distance on front and back crawl (100m), elementary backstroke (50m) and breaststroke (25m), learn sidestroke kick, perform headfirst surface dive, and swim 400 metres continuously. Age: 5 to 14

HC Lap Pool

61268 SA, SU
10:45–11:30am Feb 19–Mar 13

FEE: \$56.00

HC Lap Pool

61099 M, W
4–4:45pm Jan 5–Feb 2

FEE: \$63.00

HC Lap Pool

60770 SA, SU
10:30–11:15am Jan 8–Feb 6

61497 TU, TH
5–5:45pm Feb 8–Mar 10

61518 M, TU, W, TH, F
10:30–11:15am Mar 14–Mar 25

FEE: \$70.00

SWIM LESSON – PERFORMANCE ENHANCER

This lesson will take place in the Lap Pool at Hyde Creek. Recommended for Swim Kids levels. Based on a private lesson format but with the consistency of an instructor. 30 minute classes to work on stroke correction, skill development, or whatever you wish. A formal evaluation is included. Age: 3+

HC Lap Pool

61101 M, W
3:30–4pm Jan 5–Feb 2

61102 M, W
4–4:30pm Jan 5–Feb 2

61103 M, W
5–5:30pm Jan 5–Feb 2

61411 M, W
3:30–4pm Feb 7–Mar 9

61412 M, W
4:30–5pm Feb 7–Mar 9

FEE: \$225.00

HC Lap Pool

61116 TU, TH
6–6:30pm Jan 4–Feb 3

61117 TU, TH
6:30–7pm Jan 4–Feb 3

61499 TU, TH
6:30–7pm Feb 8–Mar 10

FEE: \$250.00

PARENT & TOT LEVEL 1 (STARFISH)

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits. Age: 4mo to 11mo

HC Leisure Pool

61252 SA, SU
11–11:30am Feb 19–Mar 13

FEE: \$42.00

HC Leisure Pool

60996 M, W
9:30–10am Jan 5–Feb 2

61355 M, W
5–5:30pm Feb 7–Mar 9

FEE: \$47.25

PCCC Leisure Pool

61130 T, TH
10:30–11am Jan 4–Feb 3

HC Leisure Pool

61007 SA, SU
8:30–9am Jan 8–Feb 6

PCCC Leisure Pool

61210 T, TH
9:30–10am Feb 8–Mar 10

FEE: \$52.50

PARENT & TOT LEVEL 2 (DUCK)

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits. Age: 12mo to 23mo

PCCC Leisure Pool

61197 SA, SU
9:30–10am Feb 19–Mar 13

FEE: \$42.00

HC Leisure Pool

60997 M, W
5–5:30pm Jan 5–Feb 2

FEE: \$47.25



PCCC Leisure Pool

61131 T, TH
10:30–11am Jan 4–Feb 3

61211 T, TH
9:30–10am Feb 8–Mar 10

FEE: \$52.50

**PARENT & TOT LEVEL 3
(SEA TURTLE)**

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim. Age: 24mo to 35mo

HC Leisure Pool

61196 SA, SU
9–9:30am Feb 19–Mar 13

FEE: \$42.00

HC Leisure Pool

61356 M, W
9:30–10am Feb 7–Mar 9

FEE: \$47.25

HC Leisure Pool

60998 M, W
10–10:30am Jan 5–Feb 2

PCCC Leisure Pool

61129 T, TH
10:30–11am Jan 4–Feb 3

HC Leisure Pool

60789 SA, SU
11:30am–12pm Jan 8–Feb 6

HC Leisure Pool

61011 SA, SU
9–9:30am Jan 8–Feb 6

PCCC Leisure Pool

61018 SA, SU
9:30–10am Jan 8–Feb 6

FEE: \$52.50

PRESCHOOL LEVEL 1 (SEA OTTER)

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level. Age: 3 to 5

PCCC Leisure Pool

61198 SA, SU
9:30–10am Feb 19–Mar 13

61202 SA, SU
10–10:30am Feb 19–Mar 13

HC Leisure Pool

61253 SA, SU
10:30–11am Feb 19–Mar 13

61254 SA, SU
11:30am–12pm Feb 19–Mar 13

FEE: \$56.00

HC Leisure Pool

61001 M, W
10–10:30am Jan 5–Feb 2

61002 M, W
3:30–4pm Jan 5–Feb 2

61003 M, W
4–4:30pm Jan 5–Feb 2

61005 M, W
4:30–5pm Jan 5–Feb 2

61006 M, W
5–5:30pm Jan 5–Feb 2

PCCC Leisure Pool

61120 M, W
5–5:30pm Jan 5–Feb 2

FEE: \$63.00

PCCC Leisure Pool

61203 M, W
4:30–5pm Feb 7–Mar 9

61206 M, W
5–5:30pm Feb 7–Mar 9

HC Leisure Pool

61359 M, W
9:30–10am Feb 7–Mar 9

61360 M, W
3:30–4pm Feb 7–Mar 9

61361 M, W
4–4:30pm Feb 7–Mar 9

61362 M, W
4:30–5pm Feb 7–Mar 9

61363 M, W
Feb 7–Mar 9 5–5:30pm

FEE: \$63.00

PCCC Leisure Pool

61123 T, TH
9:30–10am Jan 4–Feb 3

61124 T, TH
10–10:30am Jan 4–Feb 3

61125 T, TH
5:30–6pm Jan 4–Feb 3

61014 SA, SU
9–9:30am Jan 8–Feb 6

61021 SA, SU
10–10:30am Jan 8–Feb 6

61135 T, TH
9:30–10am Feb 8–Mar 10

61136 T, TH
10–10:30am Feb 8–Mar 10

61137 T, TH
4:30–5pm Feb 8–Mar 10

HC Leisure Pool

61500 M, TU, W, TH, F
8:45–9:15am Mar 14–25

61501 M, TU, W, TH, F
4:30–5pm Mar 14–25

61502 M, TU, W, TH, F
5–5:30pm Mar 14–25

61520 M, TU, W, TH, F
10:15–10:45am Mar 14–25

PCCC Leisure Pool

61546 M, TU, W, TH, F
9:30–10am Mar 14–25

FEE: \$70.00

HC Leisure Pool

60779 SA, SU
11–11:30am Jan 8–Feb 6

FEE: \$75.00



PRESCHOOL LEVEL 2 (SALAMANDER)

Prerequisite: Successful completion of Sea Otter. Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion. Age: 3 to 5

PCCC Leisure Pool

61195 SA, SU 9-9:30am Feb 19-Mar 13

61199 SA, SU 9:30-10am Feb 19-Mar 13

HC Leisure Pool

61257 SA, SU 10-10:30am Feb 19-Mar 13

61258 SA, SU 11:30am-12pm Feb 19-Mar 13

FEE: \$56.00

HC Leisure Pool

61008 M, W 9:30-10am Jan 5-Feb 2

61010 M, W 3:30-4pm Jan 5-Feb 2

61012 M, W 4:30-5pm Jan 5-Feb 2

PCCC Leisure Pool

61118 M, W 5:30-6pm Jan 5-Feb 2

61207 M, W 5:30-6pm Feb 7-Mar 9

HC Leisure Pool

61364 M, W 10-10:30am Feb 7-Mar 9

61365 M, W 3:30-4pm Feb 7-Mar 9

61366 M, W 4:30-5pm Feb 7-Mar 9

FEE: \$63.00

PCCC Leisure Pool

61128 T, TH 10-10:30am Jan 4-Feb 3

PCCC Leisure Pool

61189 T, TH 5-5:30pm Jan 4-Feb 3

61017 SA, SU 9:30-10am Jan 8-Feb 6

61022 SA, SU 10-10:30am Jan 8-Feb 6

61215 T, TH 5-5:30pm Feb 8-Mar 10

HC Leisure Pool

61503 M, TU, W, TH, F 9:15-9:45am Mar 14-25

61504 M, TU, W, TH, F 9:45-10:15am Mar 14-25

61505 M, TU, W, TH, F 4-4:30pm Mar 14-25

61521 M, TU, W, TH, F 10:45-11:15am Mar 14-25

PCCC Leisure Pool

61547 M, TU, W, TH, F 9-9:30am Mar 14-25

FEE: \$70.00

HC Leisure Pool

60781 SA, SU 10-10:30am Jan 8-Feb 6

60790 SA, SU 10:30-11am Jan 8-Feb 6

FEE: \$75.00

PRESCHOOL LEVEL 3 (SUNFISH)

Prerequisite: Successful completion of Salamander. Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously. Age: 3 to 5

PCCC Leisure Pool

61190 SA, SU 8:30-9am Feb 19-Mar 13

61201 SA, SU 10-10:30am Feb 19-Mar 13

HC Lap Pool

61259 SA, SU 10:30-11am Feb 19-Mar 13

FEE: \$56.00

HC Lap Pool

61013 M, W 3:30-4pm Jan 5-Feb 2

PCCC Leisure Pool

61114 M, W 4:30-5pm Jan 5-Feb 2

HC Lap Pool

61367 M, W 4-4:30pm Feb 7-Mar 9

FEE: \$63.00

HC Lap Pool

61104 T, TH 5:30-6pm Jan 4-Feb 3

60783 SA, SU 11-11:30am Jan 8-Feb 6

61413 T, TH 6-6:30pm Feb 8-Mar 10

61522 M, TU, W, TH, F 10-10:30am Mar 14-25

PCCC Leisure Pool

61126 T, TH 9:30-10am Jan 4-Feb 3

61127 T, TH 4:30-5pm Jan 4-Feb 3

61009 SA, SU 8:30-9am Jan 8-Feb 6

61138 T, TH 10-10:30am Feb 8-Mar 10

61548 M, TU, W, TH, F 8:30-9am Mar 14-25

FEE: \$70.00

PRESCHOOL LEVEL 4 (CROCODILE)

Prerequisite: Successful completion of Sunfish. Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously. Age: 3 to 6

61191 SA, SU 8:30-9am Feb 19-Mar 13

FEE: \$52.00



HC Lap Pool

61019	M, W	4:30–5pm	Jan 5–Feb 2
61368	M, W	3:30–4pm	Feb 7–Mar 9
FEE:			\$58.50

HC Lap Pool

60785	SA, SU	11:30–12pm	Jan 8–Feb 6
61216	T, TH	5:30–6pm	Feb 8–Mar 10
61414	T, TH	5:30–6pm	Feb 8–Mar 10
61549	M, TU, W, TH, F	10–10:30am	Mar 14–Mar 25
FEE:			\$65.00

PRESCHOOL LEVEL 5 (WHALE)

Prerequisite: Successful completion of Crocodile. Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level. **Age: 3 to 6**

HC Lap Pool

61192	SA, SU	8:30–9am	Feb 19–Mar 13
60786	SA, SU	11:30–12pm	Jan 8–Feb 6
FEE:			\$52.00

HC Lap Pool

61023	M, W	4:30pm–5pm	Jan 5–Feb 2
61369	M, W	3:30–4pm	Feb 7–Mar 9
FEE:			\$58.50

HC Lap Pool

61488	T, TH	5:30–6pm	Feb 8–Mar 10
FEE:			\$65.00

READY, SET, SWIM

For those who have completed Sea Turtle and are ready to try lessons on their own. Swimmers work on front and back floats and glides, kicking on front with a buoyant object and will be able to swim 1 metre upon completion of this level. Parents, be prepared to assist in the water if needed. **Age: 2**

PCCC Leisure Pool

61193	SA, SU	8:30–9am	Feb 19–Mar 13
FEE:			\$60.00

HC Leisure Pool

61000	M, W	4–4:30pm	Jan 5–Feb 2
61357	M, W	10–10:30am	Feb 7–Mar 9
61358	M, W	4–4:30pm	Feb 7–Mar 9
FEE:			\$67.50

HC Leisure Pool

61016	SA, SU	9:30–10am	Jan 8–Feb 6
FEE:			\$75.00

WHALE

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level. **Age: 3 to 6**

PCCC Leisure Pool

61217	T, TH	5:30–6pm	Feb 8–Mar 10
61550	M, TU, W, TH, F	10–10:30am	Mar 14–25
FEE:			\$65.00





Senior & Adult

A BEAUTIFUL QUILT

Explore traditional, modern and creative quilting techniques. This is a fun and creative class where you will learn a variety of different quilting methods. Learn modern piecing techniques, applique, collage, crazy quilting, strip quilting and more. Instructor will can assist you in selecting a project that is appropriate for your skill level. Basic sewing knowledge is required as well as good knowledge of how to operate your sewing machine. Age: 60+

PCCC JB Young Room
61380 M 9am-1pm Jan 3-Mar 28

MEMBER: \$163.08
NON-MEMBER: \$250.90

OIL AND ACRYLIC – INTERMEDIATE

Principles of each medium will be reviewed along with color theory. Demonstrations, class exercises, free time and instructor support. Bring photos/objects to paint. Age: 60+

GP Michael Wright Art Gallery
61400 TU 9:30-11am Jan 18-Mar 29

MEMBER: \$105.10
NON-MEMBER: \$161.70

SENSATIONAL SEWING

A sewing experience where creative expression is explored. Class projects include bag making, home decor, and basic quilting. A wide range of sewing techniques and skills are taught each week. Basic sewing knowledge is required as well as good knowledge of how to operate your sewing machine. Age: 60+

PCCC JB Young Room
61420 TH 9am-12pm Jan 6-Mar 31

MEMBER: \$148.72
NON-MEMBER: \$228.80

PCCC JB Young Room
61421 TH 12:30-3:30pm Jan 6-Mar 31

MEMBER: \$148.72
NON-MEMBER: \$228.80

SEW IT UP

Learn basic sewing skills and expand on your current knowledge with Wendy. Certified in sewing education, fitting, and certified Bra Maker. Bring your project to class, ie: garment from scratch, home decor, alterations and repairs. Great fun and social atmosphere. Age: 60+

PCCC JB Young Room
61417 W 9am-12pm Jan 5-Mar 30

MEMBER: \$228.00
NON-MEMBER: \$148.20

PCCC JB Young Room

61418 W 12:30-3:30pm Jan 5-Mar 30

MEMBER: \$228.00
NON-MEMBER: \$148.20

WATERCOLOUR BEGINNER

This watercolour painting class is for beginners. Through instructions and demonstrations, your instructor will teach you various watercolour painting techniques. Students are required to bring their own supplies to class. Age: 60+

GP Michael Wright Art Gallery
61416 W 9:30-11am Jan 19-Mar 30

MEMBER: \$105.10
NON-MEMBER: \$161.70

WOODCARVING

Beginner or expert you will find something useful here; bring pencils, paper and any carving knives, chisels or tools you currently have to the first class. Age: 60+

Outlet Work Room
61397 M 6-9:30pm Jan 3-Mar 28

MEMBER: \$61.10
NON-MEMBER: \$94.00



Senior & Adult

SPANISH – INTERMEDIATE

By following a course of intermediate Spanish students will learn new grammar rules, vocabulary and expressions from the Spanish speaking countries. Speaking in Future, simple past and other tenses. Students will also learn to communicate by applying instructions from the previous levels Beg 1 and Beg 2. Age: 60+

PCCC Small Multipurpose Room
61434 F 11am–12:30pm Jan 7–Mar 25

MEMBER: \$67.86
NON-MEMBER: \$104.40

SPANISH BEGINNER 1

It is designed as an introductory course for absolutely beginners, and as such, will establish a strong foundation for future success in Spanish learning for years to come. The instructor will provide practice on all the lexical and grammatical items, which will help the student to develop the four essential skills of learning Spanish: understanding, speaking, reading, and writing. Age: 60+

PCCC Small Multipurpose Room
61415 TU 2–3:30pm Jan 4–Mar 29

MEMBER: \$73.51
NON-MEMBER: \$113.10

LINE DANCING – BEGINNER PLUS

Calling all ready, willing, and enthusiastic Line dancers of all levels. Bring your dancing feet and a smile, and join one of the best Line dance classes around. Let's dance Country & Western, Cha Cha, Rumba, Tango, Mambo, Charleston & Waltz rhythms to some modern music as well as those good, old-time favourites from the past. This is not a beginners class; dancers must know basic Line dance steps. Age: 60+

PCCC Mabbett Hall ½ S
61447 M 10–11am Jan 10–Mar 28

MEMBER: \$46.80
NON-MEMBER: \$72.00

LINE DANCING – INTERMEDIATE/ADVANCED

Calling all ready, willing, and enthusiastic Line dancers of all levels. Bring your dancing feet and a smile, and join one of the best Line dance classes around. Let's dance Country & Western, Cha Cha, Rumba, Tango, Mambo, Charleston & Waltz rhythms to some modern music as well as those good, old-time favorites from the past. For those who have been Line dancing for at least a couple of years or more and is comfortable with an hour of dancing at a fast, advanced pace. Age: 60+

PCCC Mabbett Hall ½ S
61448 M 11:15am–12:15pm Jan 10–Mar 28

MEMBER: \$46.80
NON-MEMBER: \$72.00

ACTIVAGE

This program is designed for first time participants to fitness that are 65 or older. This group-led activity has progressive planned activities; stretching, strengthening muscles and cooldown. This fun and social program will help get participants moving in a relaxed environment. Please call 604-927-5222 or campbells@portcoquitlam.ca to register, first time participants only. Age: 65+

PCCC Mabbett Hall ½ N
61305 F 10:15–11:15am Jan 7–Apr 8

FEE: FREE

CHAIR YOGA

A gentle self-paced yoga program for those with limited mobility; modified postures are performed while seated and/or with the aid of a chair. Age: 19+

PCCC Laking Room
61092 TU 10:45–11:45am Jan 4–Feb 1
61090 F 2:30–3:30pm Jan 7–Feb 4
61093 TU 10:45–11:45am Feb 8–Mar 8
61091 F 2:30–3:30pm Feb 11–Mar 11

FEE FOR UP TO 59 YEARS: \$47.50
FEE FOR 60+: \$35.75

CORE CONDITIONING

This class incorporates core training using body weight and the use of equipment. Functional movement patterns will be practiced. Modifications are provided to progress or regress the difficulty of the exercise. Age: 50+

PCCC Mabbett Hall ½ N
61282 TU 10:45–11:45am Jan 4–Feb 1
61283 TU 10:45–11:45am Feb 8–Mar 8

FEE FOR UP TO 59 YEARS: \$31.00
FEE FOR 60+: \$23.25



Senior & Adult

TAI CHI – WU STYLE BEGINNER

This form of fitness emphasizes sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Age: 50+

PCCC Fitness Studio

61084 TU
10:45am–12:15pm Jan 4–Mar 8

FEE FOR UP TO 59 YEARS: \$75.00
FEE FOR 60+: \$56.50

TAI CHI – WU STYLE INTERMEDIATE

This form of fitness emphasizes sequences of movement, breathing, coordination, balance and self-control. Breathing techniques combined with Tai Chi principles circulate energy throughout the body. Age: 50+

PCCC Fitness Studio

61085 TH
10:45am–12:15pm Jan 6–Mar 10

FEE FOR UP TO 59 YEARS OLD: \$75.00
FEE FOR 60+: \$56.50

ZUMBA GOLD

Join the Party! Come to this modified Zumba class that has all the original moves you love with low impact. Age: 50+

PCCC Fitness Studio

61069 M
10:45–11:45am Jan 10–Jan 31

FEE FOR UP TO 59 YEARS: \$34.00
FEE FOR 60+: \$26.00

PCCC Fitness Studio

61072 F
11:15am–12:15pm Jan 7–Feb 4

61071 M 10:45–11:45am Feb 7–Mar 7

61073 F
11:15am–12:15pm Feb 11–Mar 11

FEE FOR UP TO 59 YEARS OLD: \$42.50
FEE FOR 60+: \$32.50

HATHA YOGA BEGINNER 50+

Aligning with each pose's true purpose in proper body alignment supported through the instructor's guidance in an environment of self-respect and non-competition. Dress in layers. Age: 50+

PCCC Laking Room

61276 TH
11:15am–12:45pm Jan 6–Mar 10

FEE FOR UP TO 59 YEARS: \$130.00
FEE FOR 60+: \$97.50

PCCC Laking Room

61278 TH 9:30–11am Jan 6–Feb 3

FEE FOR UP TO 59 YEARS: \$130.00
FEE FOR 60+: \$97.50

PCCC Laking Room

61280 F
10:45am–12:15pm Jan 7–Feb 4

61281 F
10:45am–12:15pm Feb 11–Mar 11

FEE FOR UP TO 59 YEARS: \$65.00
FEE FOR 60+: \$48.75

STRETCH AND RELAXATION YOGA

Are you feeling stiff and looking to improve flexibility? Join us for a full body stretch to lengthen those muscles out and begin to explore meditation. Age: 19+

PCCC Laking Room

61271 M
10:45–11:45am Jan 10–Jan 31

61272 M 10:45–11:45am Feb 7–Mar 7

FEE FOR UP TO 59 YEARS OLD: \$38.00
FEE FOR 60+: \$28.60

PCCC Laking Room

61088 F 1:15–2:15pm Jan 7–Feb 4

61089 F 1:15–2:15pm Feb 11–Mar 11

FEE FOR UP TO 59 YEARS: \$47.50
FEE FOR 60+: \$35.75

YOGA THERAPY 50+

Using traditional yoga practices to “optimize the function” of the whole person. This restructured class offers individual assessments, personal therapies and consultation. Age: 50+

PCCC Laking Room

60988 TU 1:30–3pm Jan 4–Feb 1

61064 TH 1:30–3pm Jan 6–Feb 3

61063 TU 1:30–3pm Feb 8–Mar 8

61065 TH 1:30–3pm Feb 10–Mar 10

FEE FOR UP TO 59 YEARS: \$65.00
FEE FOR 60+: \$48.75